



Profiles in Wellness



Kent Yohe, DC

North Dakota

January 2005 my 24 year old daughter was selected as Miss North Dakota International. As part of competition requirements she had to compete in a fitness wear competition. With an athlete's body she knew that changes needed to be made in order to look her ultimate best. She hired a personal trainer who trained her in the gym and completely changed her eating regimen as well.

With a family history of heart conditions and having my father die at age 60, I knew I had to take the future into my own hands. Witnessing first hand the changes that my daughter's body was going through and the discipline she had to cut out all sugar and processed foods, I knew I needed to change.

I have always been someone to take health seriously, and since January, I have changed my eating habits, lowered my cholesterol due to specialized vitamins formulated just for me, and increased my exercise. I not only feel better and have lost weight, but I have more energy too. Even at age 55, I can still keep up with people half my age in racquetball or softball games with 5 screws in my right ankle.